LIGHT TREATMENT
ELECTRICAL TREATMENT
VIBRATORY MASSAGE

ASHBOURNE HOUSE
64 MOUNT PLEASANT
LIVERPOOL

THE P. P. PRESS, LIVERPOOL.

PHOTOTHERAPY, ELECTROTHERAPY,
HYDROTHERAPY, SISMOTHERAPHY,

ASHBOURNE HOUSE ELECTRO-THERAPEUTIC ESTABLISHMENT

64, MOUNT PLEASANT,
LIVERPOOL.

Proprietor & Manager: MR. JOHN SCOTT.
Lady Superintendent: MISS BULLOCK.

Established 1845 by the
late GEORGE BULLOCK.

TELEPHONE 2430 ROYAL.

LADIES:—
DAILY, 10 TO 6;
SATURDAYS, 10 TO 1.

GENTLEMEN:—
DAILY, 9 TO 9;
SATURDAYS, 9 TO 7.

OTHER HOURS BY SPECIAL APPOINTMENT.

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THE PURPOSE OF THIS BOOKLET IS TO GIVE A BRIEF OUTLINE OF THE VARIOUS TREATMENTS ADMINISTERED AT ASHBOURNE HOUSE.

IN SO LIMITED A SPACE IT IS IMPOSSIBLE TO DEAL THOROUGHLY WITH EACH BRANCH. THOSE INTERESTED ARE INVITED TO PAY A VISIT TO THE ESTABLISHMENT, WHEN IT WILL AFFORD PLEASURE TO SHOW AND EXPLAIN THE VARIOUS METHODS PRACTISED AND THE APPLIANCES USED.

PHOTOTHERAPY.
(TREATMENT BY LIGHT.)

LIGHT has an animating and **exhilarating** influence on human beings; it causes the **pores of the skin to open, stimulates circulation,** and kills bacilli. The unreliability and scarcity of sunlight in the Northern latitudes led to the invention of apparatus for using the Electric Light as a therapeutic agent.

THE LIGHT BATH..

In its various forms as used at Ashbourne House, viz.:—

The "Red Cross" Combined Light Bath and Projector.

The "Scott" Reclining Light Bath.

Local Baths for treating the Joints and Limbs

is recognised as one of the best aids to the successful treatment of **Rheumatism, Gout, Sciatica, Lumbago, Neuralgia, Neuritis, Neurasthenia, Arthritis, &c.**

The Light Bath is an **IDEAL TURKISH BATH,** with all its drawbacks removed and the curative value of light added. **Pressure** and **Giddiness,** which so often accompany other baths, **do not occur** in Light Baths, because the head is left entirely free, and the patient thus obtains a continuous supply of **fresh air** for respiration.

There is **no risk of chill** in taking an Electric Light Bath, as the skin resumes its normal condition in a few minutes.

Light treatment can be given at a patient's own house if the current is laid on. (See page 19.)

The Combined Light Bath.

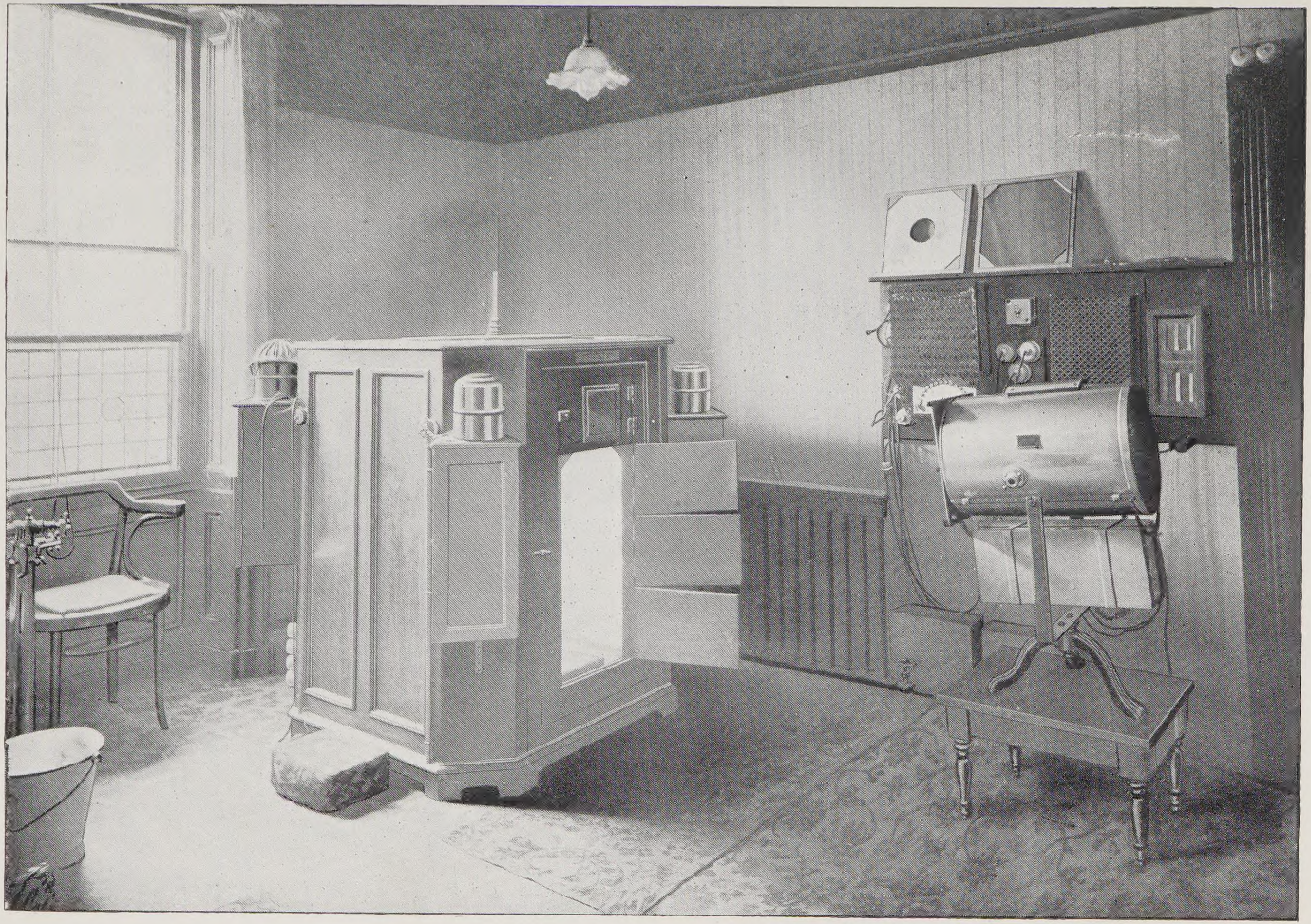
"RED CROSS."

THIS bath is fitted internally with electric, incandescent, and arc lamps. The front of the bath has hinged flaps, which open to allow the rays from the projector being concentrated locally on any part of the body desired, while the patient sits in the full diffused light of the incandescent or arc light, or both. When these hinged flaps are open, a fixed screen of blue glass obviates any risk of chill from draught, due to the inrush of cool air from the room. An adjustable, eccentric, revolving chair within the Bath allows the patient to turn in any direction, and thus bring any part of his body under the rays of the projector. As there is no need to open the cabinet, all possibility of chill is avoided.

The incandescent light is sudorific in action, and particularly helpful when profuse perspiration is a curative agent, as in cases of **Rheumatism, Gout, Obesity, etc.**

The arc light, is also specific in all forms of **Nervous Diseases** in **Anæmia, Chlorosis,** and all cases of low vitality.

Local illumination, by means of the projector, is given apart from the Bath, in cases of **Sciatica, Neuritis, etc.**



RED CROSS ROOM.

The Reclining Light Bath.

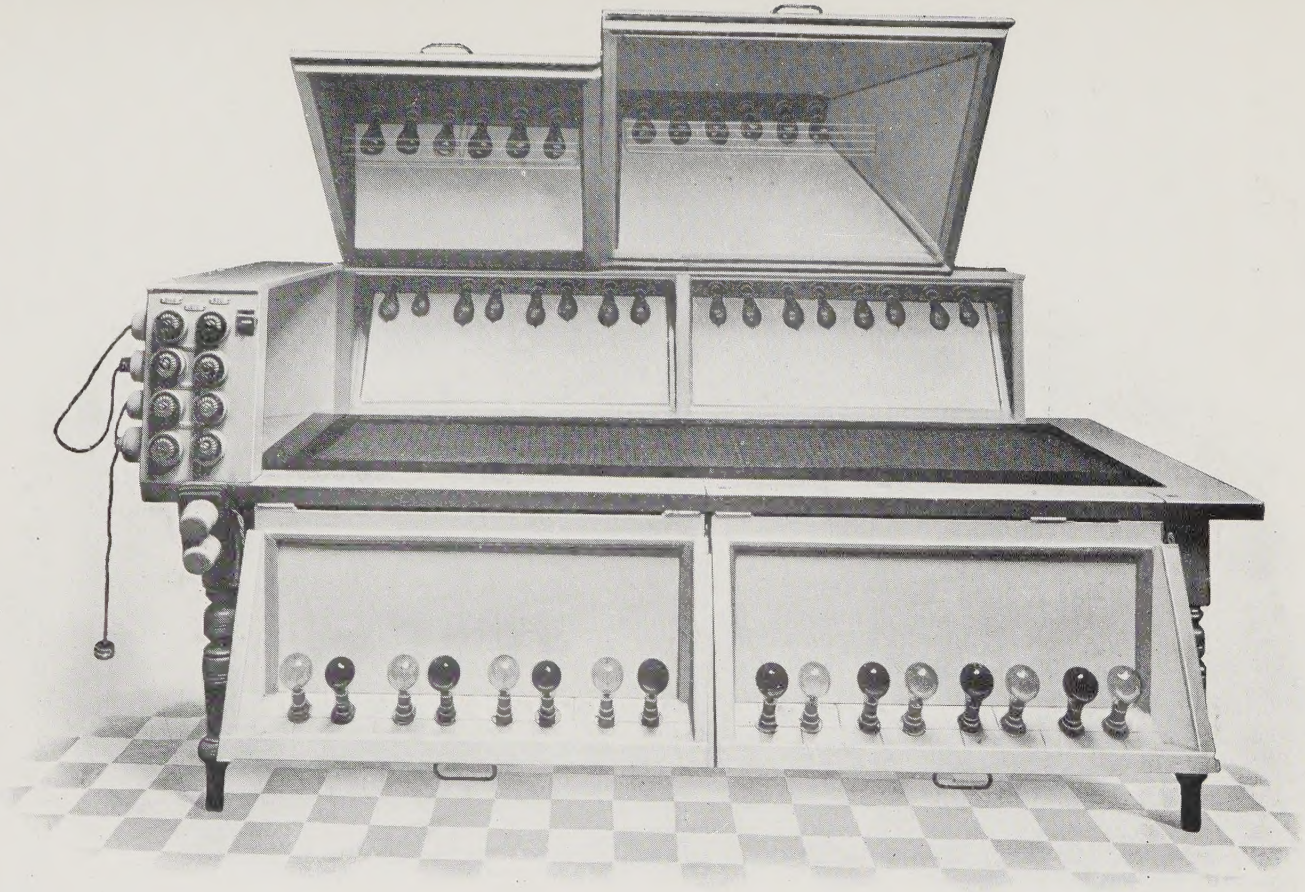
"SCOTT" SYSTEM.

LIGHT baths are now much used as a substitute for Turkish baths, owing to their superior restorative and invigorating action. A needle, douche, or slipper bath may follow the Light Bath, except in the case of delicate patients, who are well rubbed before leaving the Light Bath. Those patients who desire it can be shampooed after the Light Baths.

This bath has been designed to admit of treatment in the recumbent position It is the only reclining light bath that allows the shoulders to be fully exposed to the rays while leaving the face free.

The whole of the bath is white enamel. The portion upon which the patient lies is fitted with cane matting (that the light rays from below may penetrate), which can be washed. The whole apparatus is thus perfectly hygienic. The bath is tri-colour, allowing either red, white, or blue rays to be used; or, as is very beneficial in some cases, the treatment may commence with one colour and be continued with another.

The lamps are controlled in sections, so that in cases where the trouble is local, as in **Sciatica,** etc., the treatment may be commenced with a general radiation and continued with local radiation without moving the patient or opening the cabinet.



"THE SCOTT" RECLINING LIGHT BATH.

Local Baths

For Treating the Joints, &c.

THESE baths are constructed primarily for **Radiant Heat,** and are used in treating **Gouty, Stiff, Swollen and Rheumatic Joints, Arthritis, Synovitis, Sprains, Adhesions following Fracture, etc.** The application of Vibratory Massage (see page 14) after the bath is, in most cases, markedly beneficial.

Fomentations.

FOMENTATIONS are applied, by means of steam-heated woollen packs, whilst the patient reclines on a specially constructed couch. The electric current can be applied simultaneously with the fomentation (see page 10).

This form of treatment is specially suitable for home application, when the electric current is not available, and has been very successfully used in cases of **Rheumatic Fever, Acute Rheumatism and Gout, Sciatica, Lumbago, Neuritis, etc.**

FOMENTATION ROOM.

Electrical Treatment.

THE various forms of Electrical Treatment are:

THE GALVANIC

THE FARADIC

THE GALVANO-FARADIC

THE HIGH FREQUENCY

The Galvanic, Faradic, and Galvano-Faradic Currents are applied in the Hydro-Electric Bath; with Fomentation; in the the Light Bath; or on the Couch.

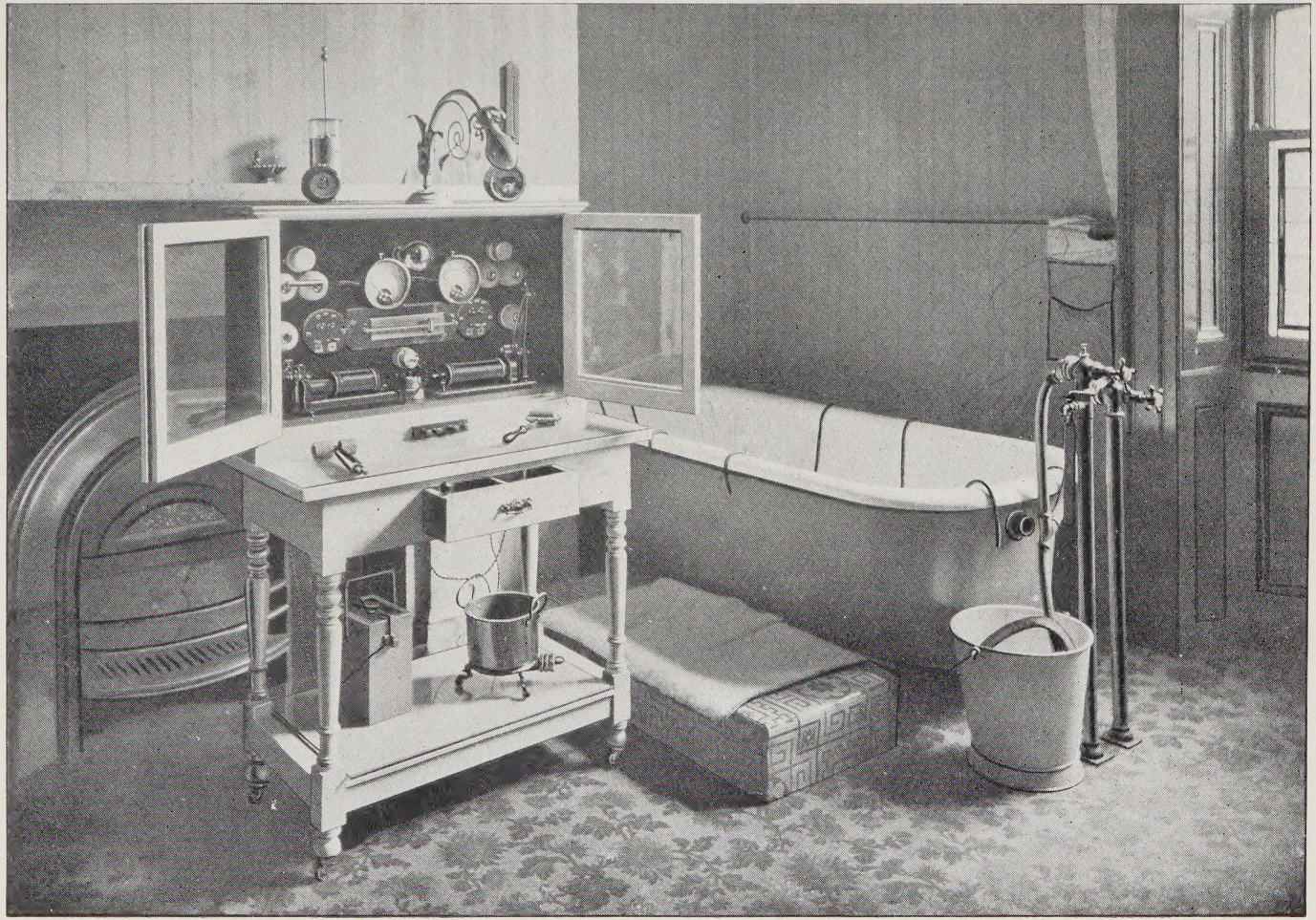
The most important therapeutic property of the **Galvanic Current** is its power to **relieve pain, to control spasms,** and to stimulate Nerve and Muscle.

The Faradic Current is mainly a **stimulant.**

Galvano-Faradization is a method of sending both currents together through the body. It is chiefly used for electrization of the abdominal organs, and is very useful in cases of **Constipation, Sluggish Liver, etc.**

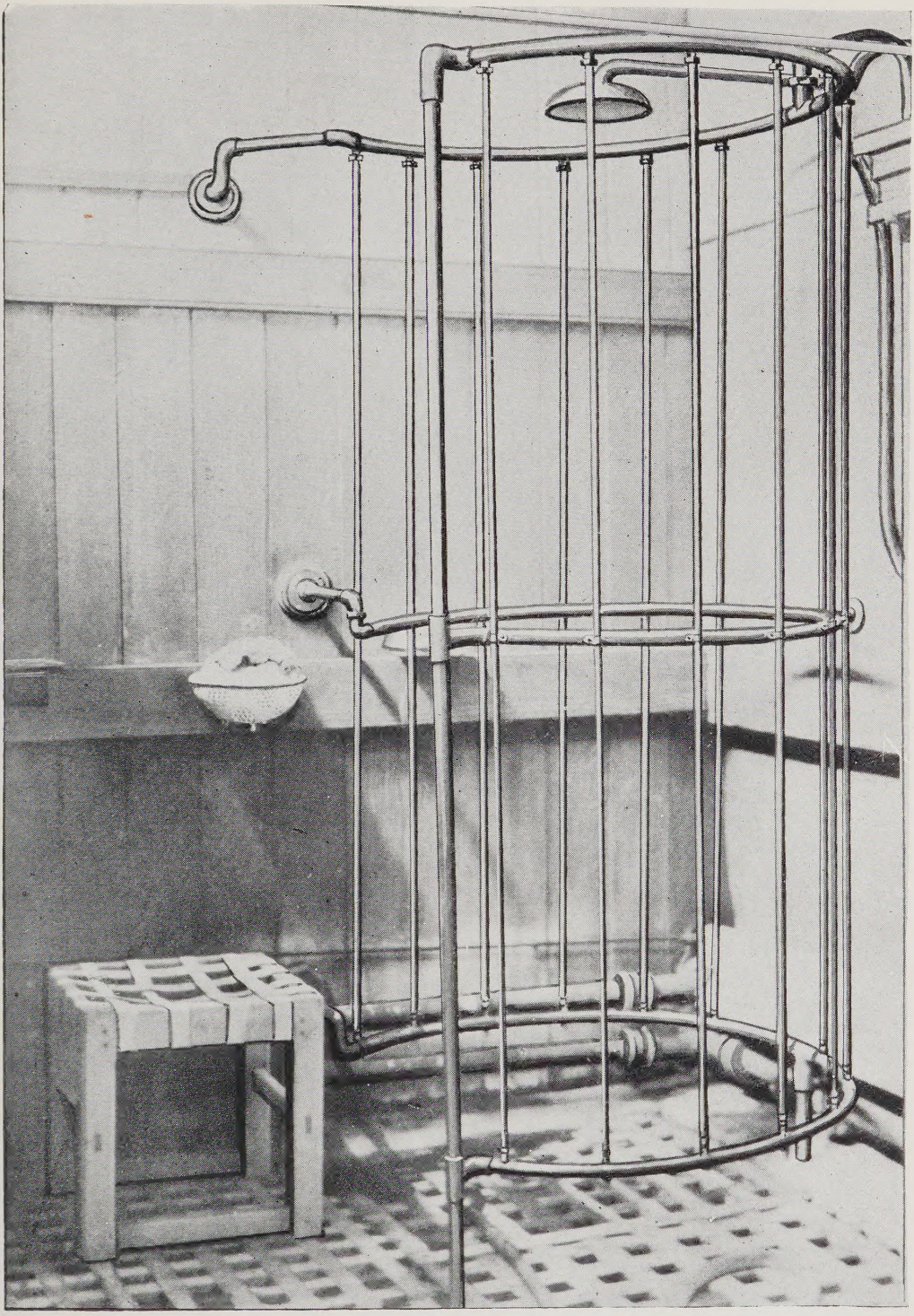
High Frequency Currents are administered to patients in a weak or debilitated state of health. As the currents can be applied through the clothing, while the patient reclines on a couch, there is no need to undress. They are helpful in cases of **Insomnia, Neurasthenia, etc.**

Any of the Electrical Treatments can be given at the patient's residence (see page 16).



HYDRO-ELECTRIC BATH.

GENTLEMEN'S BATH ROOMS.



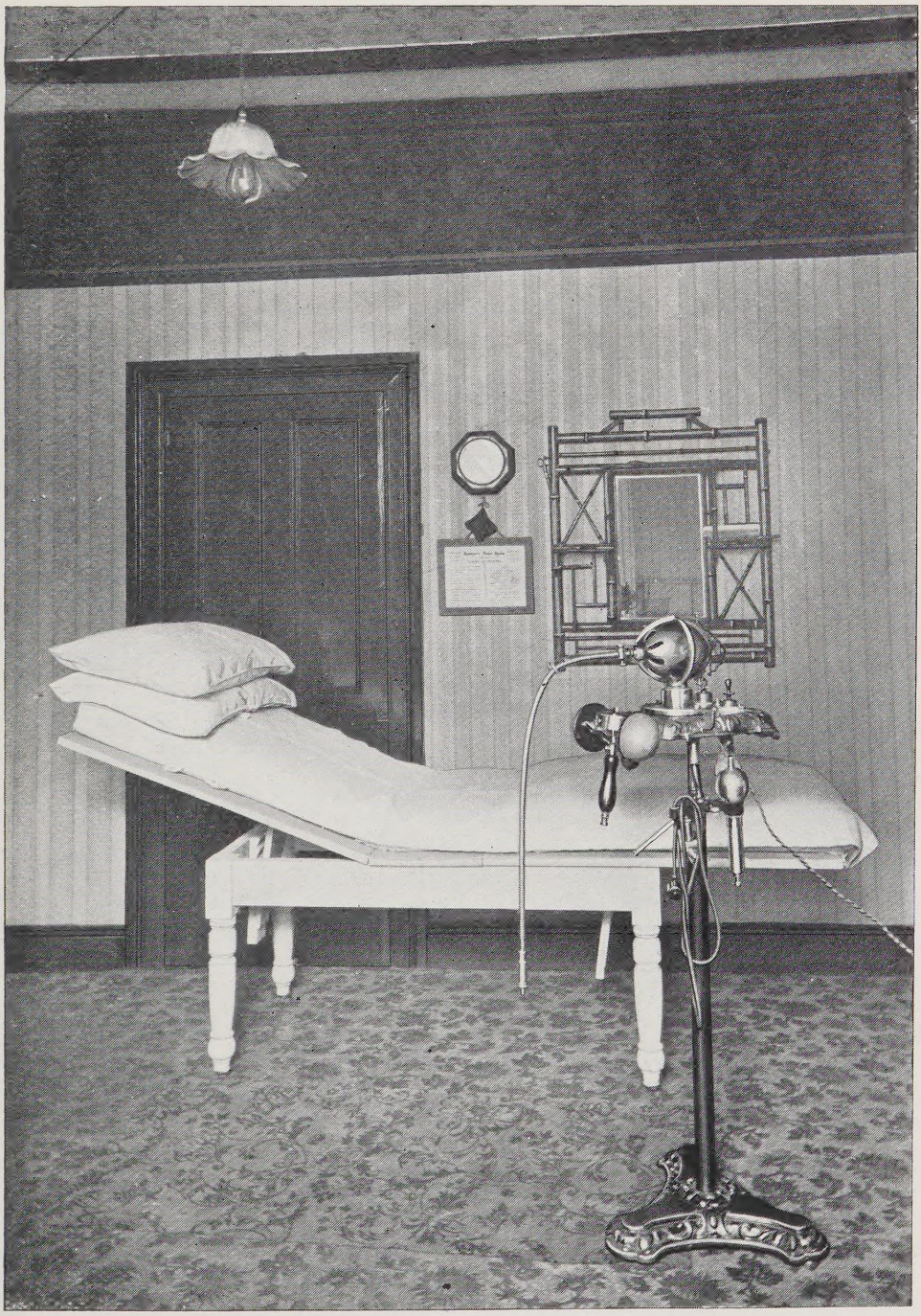
NEEDLE BATH.

Vibratory Massage.

(SISMOTHERAPY.)

MASSAGE and kneading can now be efficiently applied by mechanical power. Electric motors work the apparatus, which is constructed to allow of a wide range of stimulation from gentle to strong, as each individual case requires. Owing to absolute regularity and rapidity of mechanical massage the patient prefers it to manual massage. Vibratory massage does not involve undressing, hence there is no exposure of the body during the treatment—a very great advantage for delicate patients.

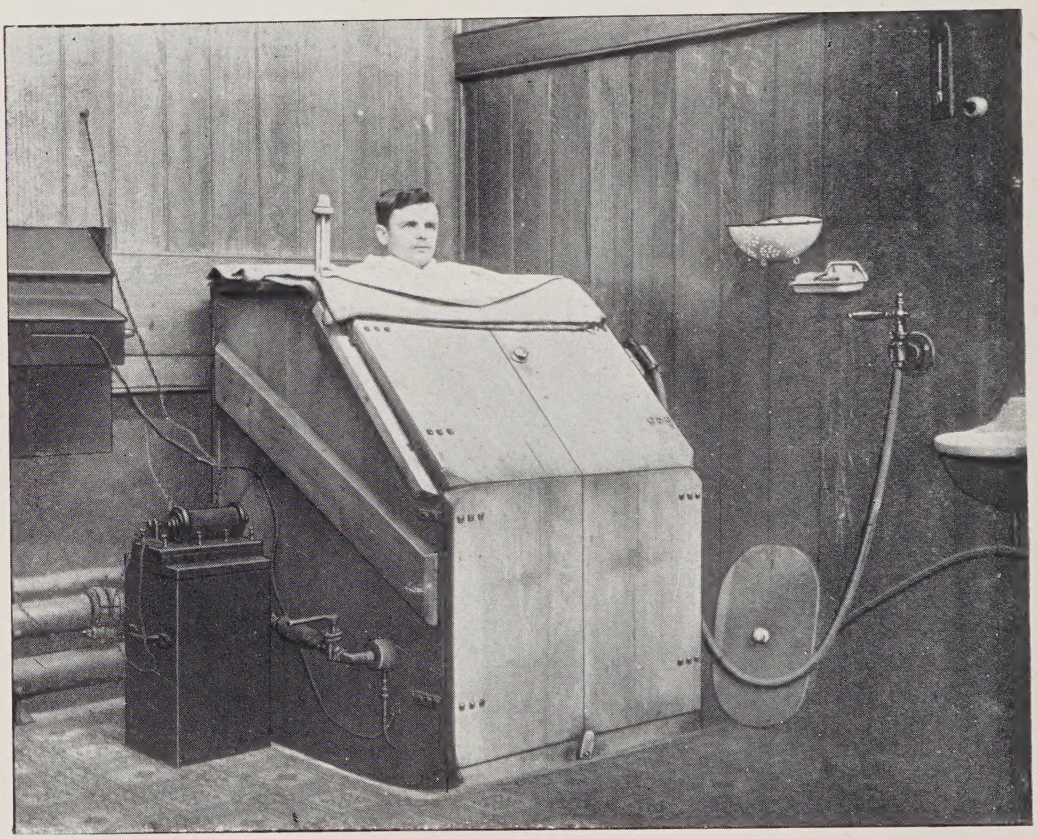
Vibratory Massage is a valuable adjunct to the Light treatment, particularly in the treatment of **Arthritis, Gout, Rheumatism, Torpid Liver and Obesity.**



VIBRATORY MASSAGE.

THE VAPOUR BATH.

VAPOURIZATION is resorted to in a Bath Cabinet of thick wood, thoroughly saturated with steam before the patient enters. A uniform moist heat results. After vapour the patient is given the Needle or Douche Bath.



In cases where the skin is particularly dry, a few Vapour Baths serve as a useful preliminary to the Light Treatment.

A SEPARATE
DRESSING AND COOLING ROOM

is provided for each Patient, ensuring privacy and quiet.

LIGHT REFRESHMENTS—

TEA, COFFEE, COCOA, BREAD AND BUTTER, Etc.,

are supplied at a moderate charge, upon application to the Attendant.

HOME TREATMENT.

The following TREATMENTS can be given by Trained Attendants at the PATIENT'S RESIDENCE:

LIGHT TREATMENT in its various forms, provided the patient's residence is connected with the electric supply mains (see pages 4 and 8).

ELECTRICAL TREATMENT.—Galvanic, Faradic, Galvano-Faradic, and High Frequency Currents can be applied whether the residence is connected with electric supply or not (see page 10).

FOMENTATIONS are one of the most useful and beneficial forms of home treatment, and can be given without removing the patient from bed.

VIBRATORY MASSAGE can be applied when the patient's residence is connected with the electric supply mains.

..FEES..

	Single.		Six Tickets Taken in Advance.		
	s.	d.	£	s.	d.
"Red Cross" Combined Light Bath ...	10	6	2	12	6
Projector, Carbon or Iron Light ...	5	0	1	5	0
Reclining Light Bath (Scott System) ...	4	0	1	1	0
Local Light Baths (Scott System) for treating the Joints, etc.	4	0	1	1	0
Ditto—followed by Vibratory Massage ...	6	0	1	10	0
Hydro-Electric Bath	5	0	1	5	0
"Schnee" Cell Bath	5	0	1	5	0
"Nauheim" Bath	5	0	1	5	0
Fomentation Bath	3	0	0	16	0
Ditto—with Faradization	4	0	1	1	0
Vapour Bath	2	6	0	12	6
Vibratory Massage	4	0	1	1	0
High Frequency Current	5	0	1	5	0

Radiographs and X Ray Work by arrangement

Fees for a series of combined treatment, or for treatment at Patient's residence, by arrangement.

USEFUL HINTS.

A BATH should not be taken immediately after a meal, nor after too long fasting, nor when very exhausted.

The best time to take a Bath is from one and a half to two hours after a meal, any departure from this course should be mentioned to the Attendant before taking a Bath.

After treatment it is advisable to rest a short time, and take a little light refreshment, which may be had upon application.

From 1 to 2 p.m. is Luncheon hour, and Visitors are requested to try to time their visits so as to leave this hour free for the Attendants.

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Ashbourne House

Is Two Doors above Y.M.C.A.

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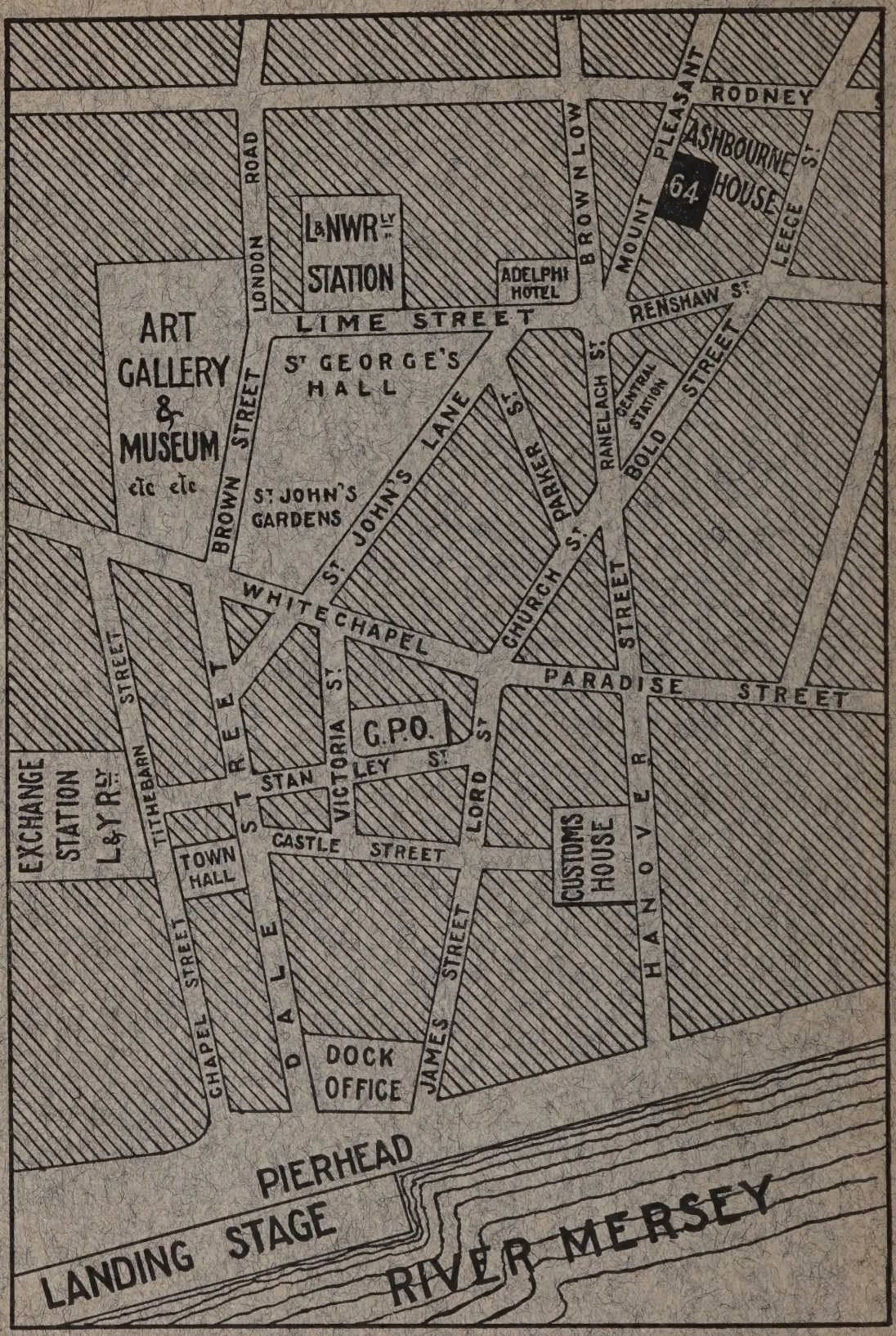
from Pier Head and Smithdown Road,
via Mount Pleasant, pass the Door.

The nearest point for Croxteth Road
Car is the Corner of
Rodney St. and Leece St.

Other Cars, The Adelphi Hotel.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etc etc
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